OPEN Arms

*November 1998 * Vol 10 Number 11*

P.O. Box 845 Mishawaka, IN 46546

DANCE! DANCE! DANCE!

Great fun, terrific music & wonderful people getting together to celebrate and have a good time.
Plan on attending Lavender Rhythm's November 14th dance.
These community events need your support!

Lesbian health project schedules first meeting

The first meeting of the Justice, Inc. statewide lesbian health project will be held on Saturday, November 7, at 11 am at Aesop's Tables in downtown Indy. Please consider volunteering for this project. Call Wally Paynter at 317-634-9212 or e-mail him at *lesbianhealth@justice.inc* for more information or to RSVP your attendance.

Justice seeks new Volunteers

Justice, Inc. is seeking new volunteers to help the organization with its speakers bureau, lobbying efforts on hate crimes and anti-gay adoption issues, answering phone calls for the group, and helping mobilize the community on key political issues. To volunteer, call Justice at the number above or e-mail them at *volunteers@justiceinc.org* President Wally Paynter will schedule meetings Nov 6-8 in Indy.

PLEASE READ!!!

Every month we get one or two Open Arms returned with "Moved, forwarding order expired." If you move, please let us know right away as the Post Office no longer returns mail with the forwarding address on it. On your mailing label is a date, which is the expiration date of your subscription. We send out three notices; 1) a renewal letter, 2) a last chance to renew notice & 3) a questionnaire asking you to respond as to why you did not renew. When you renew, please take a few minutes to answer the questionnaire. We do listen!! Several of you wanted a cartoon, so we hope you are enjoying "Treat's Street." Many of you have said that your favorite part of Open Arms is the Community Events Page & the Lee Lynch stories. Many of you would like to see more letters from readers– SO WOULD WE!! Some of you have criticized the amount of advertising. Without their support, the subscription rate would be much higher, so please patronize our supporters and tell them thank you. We get a lot of ideas for activities; a bus trip to the Blue Chip, a Cubs game, ect, and we will be happy to lend a hand to any of you that would like to plan a group activity. Open Arms is published with volunteer help and we try to include articles that we feel will be of interest to our community. If you have anything to share with our group, please send the information to us and we will include it in the next newsletter. Write/call us anytime!!

Entries Wanted for the 1st Annual Theme Calendar

The theme for the 1999 calendar will feature "Michiana Wimmin & Their Trucks." Please send in your photo entry along with a brief description (about the picture), your name, phone number and the best time to contact to: Open Arms (Theme Calendar), P.O. Box 845, Mishawaka, IN. 46546. The best 12 entries (as judged by the contest sponsor) will be used in the 1999 calendar and winners will receive a free calendar.

Becky Lanning, B.S, NCACII, CADAC

Specializing in Women's Issues and Addictions
Individual and Group Counseling.
Offering a therapeutic support group for lesbians.
The focus of the group will be relationships (family, friends, partners).
For more information, call and leave a message
219-255-8132

Notre Dame Women's Volleyball

Nov. 6, vs Georgetown.....7:00 pm
Nov. 8, vs Villanova.....2:00 pm
Nov. 18, vs Toledo.....7:00 pm

Notre Dame Women's Basketball

Nov. 4, 7 pm vs. Hungarian Nat. Team
Nov. 11, 7 pm vs. RTU/Klondakia Lativa
Nov. 14, 1 pm vs. UCLA
Nov. 21, 7:30 pm vs. Duke
Nov 24, 7:00 pm vs. Illinois

OPEN ARMS STAFF

Please send submissions to Open Arms, P.O. Box 845, Mishawaka, IN. 46546

For more info contact any staff member.....

e-mail address mbdkjk@juno.com

e-mail address suze3@juno.com

Kaye & Marcia.....219-271-0338

Suze.....219-254-8676 (beeper)

SERVICES OFFERED

Computer sales & service.....219-246-0029

Have truck & trailer: moving & hauling...616-683-1056

Heavy-duty house, garage & yard cleaning...(free estimate) Zealla.....219-233-7436

Chrome Plated Hearts: Motorcycle repairs & detailing,. 219-522-5162

Rototilling & snowplowing (in season)...219-522-5162

$$$ in Real Estate investing...219-291-2342 or 291-2482

Welding techniques taught by Zealla Flores 219-233-7436 ext. 22

We would be happy to add your service and telephone # to this column for free; just send the information to P.O. Box 845, Mishawaka, IN. 46546

OPEN ARMS MISSION STATEMENT

Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community. *Open Arms* is discreetly mailed 12 times a year in a security envelope with a P.O. Box return address only. Our mailing list is kept confidential and never given to other publication or special interest groups.

One WOMAN and Her Dog

HOME IMPROVEMENTS

Barbara Mueller

(219) 271-6988

Painting/Drywall

Remodeling

Justice, Inc.

Seeks Volunteers for

Lesbian Health Project

Speakers Bureau

Voters Registration Drive

For more information, contact Justice at:

(317) 634-9212 or

e-mail us at

lesbianhealth@justiceinc.org

Justice, Inc., PO Box 2387, Indianapolis, IN 46206

Justice, Inc. is Indiana's Statewide Civil Rights Organization On Gay, Lesbian and HIV issues

DEE-LITE

DJ Entertainment For All Occasions

Ask For Dee/ Leave a Message 219-262-9117

IN THE NEWS

Gephardt's honorable stand on gay issues

Soon after congressional Republicans took turns branding homosexuality sinful last summer, the top-ranking Democrat responded by reaching out to gay Christians. House Minority Leader Dick Gephardt's display of friendship was a reminder that most House Democrats want to lift gay Americans **UP** out of discrimination, not put us **DOWN**. At his own request, he spoke July 2 at the world's largest gay church, the 2,000-member Cathedral of Hope in Dallas. Gephardt wants gay voters to understand the benefits of helping the Democrats reclaim the House, and who has vowed that as speaker, he would get legislation to outlaw anti-gay job bias passed. On Capitol Hill, Gephardt already uses his considerable clout as House minority leader to make gay rights a Democratic priority. Often mentioned as a presidential contender in 2000, he doesn't have an unblemished record concerning gay rights, but in the last year or so, he has been incredible on gay issues. Several of Gephardt's top aides are openly gay and Gephardt sees treating gay Americans fairly as living up to our promise as a nation.

An Excerpt of Gephardt's statement at the candlelight vigil for Matthew Shepard:

"I join with all of you in expressing my heartfelt sorrow over the death of Matthew Shepard. Now is the time to take action to make sure that we stop this kind of crime from ever occurring. We need to take action in Congress to pass tough hate crimes legislation to help stop these acts, and at least say with a clear voice that violence against gay men and lesbians is wrong, it's unacceptable, and it will be punished. We need to do everything we can as a society to make the statement that this kind of act is so despicable and so intolerable that we will throw the entire weight of our legal system against the offenders. These are more than just crimes against an individual. Let us dedicate ourselves to making sure that other families will never have to feel the same pain as the Shepards.

****

Justice, Inc. has joined the Hate Crimes Reporting Network of the Indiana Civil Rights Commission. The purpose of the network is to collect and report data on hate crimes, to educate law enforcement and the community about hate crimes and to encourage compliance with the Hate Crimes Statistical Act of 1990. Those who have been a victim of a hate crime, especially because the are (or are perceived to be) gay, lesbian, bisexual or transgendered should contact Justice President, Wally Paynter at 1-800-537-7243 ext. 4873 or 1-812-474-4873, or e-mail him at paynter@midwest.net or leave a message for him at 1-317-634-9212. All reporting will be kept confidential and anonymous reports can be taken. If you know of a hate crime that the victim did not report, report it yourself, for it is through our silence that these crimes can & will happen again.

COMMUNITY EVENTS

"SINGLED OUT"

Sunday, November 8, 2:00 P.M...... Notre Dame women's volleyball game at the ACC. Look for the rainbow windsock. Afterwards we will grab a bite to eat at Fazoli's. For more info please call Linda: 219-257-9082 or Lynn: 219-259-6801
And remember, come one ,come all, single or not!!

Saturday, November 14 at 6:00 P.M. A potluck at Lisa & Jess' Just bring yourself and a dish to pass and bring a friend if you like! For directions or more info, call Lisa at 257-9551

****

LAVENDER RHYTHM'S FALL DANCE

Saturday, November 14,
9:00 pm to 1:00 am
At the Pickwick Place, 219 N. 4th Street, Niles, MI.
Music by DJ....Sharon, Separate Smoking Room, BYOB...for more info call 616-684-7362

****

Saturday, November 14, 7:30 PM
Lucie Blue Tremblay in concert at Mountain Moving Coffeehouse for Womyn & Children 1650 W. Foster, Ebenezer Lutheran Church , Andersonville, Illinois

****

Saturday, November 14, 8:00 PM
Joni Laurence, Singer/Songwriter from Chicago appearing at the Electric Brew, 136 South Main, Goshen, IN.

****

November 26, Thanksgiving Day Feast & Fun
Sponsored by Community Spirit, Southwest Michigan's newest social group. For more information call Julie Kimball at 616-982-1300 or Terry 616-925-7371 or e-mail Julie at MsJKK2U@aol.com

****

Kalamazoo Gay/Lesbian Resource Center
C.A.R.E.S Building, Lower Level
629 Pioneer Street, Kalamazoo, Mich. 49001
voice mail: (616) 349-4234

****

SAPPHOS NETWORK
A support/study/social group for North Central Indiana, P.O. Box 118, Kewanna, IN 46939-0118 (219) 595-7542

****

NORTH/CENTRAL ALLIANCE
Located in the Kokomo, Tipton, Logansport, Marion and Frankfort area of North/Central Indiana....N/Central Alliance, P.O. Box 186, Kokomo, IN. 46903..Voice Mail 317-454-8868

LESBIAN GROWTH & SUPPORT GROUP
meets Monday nights 7-8:30 pm, Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. Info....219-424-7977 Also in Fort Wayne...G/L/Bi/T Helpline 219-744-1199
Mon.-Thurs., 7-10 pm, Fri.-Sat, 7-12 am, Sun, 8-9 pm

****

PFLAG (Parents & Friends of Lesbians and Gays)
Meetings are from 2 to 4 p.m. the 4th Sunday of the month at Christ the King Lutheran Church, 17195 Cleveland Road, South Bend. For Info...Nancy 219-277-2684, or Sue 219-277-3012 or write P.O. Box 4195, S. Bend, 46634-4195

****

National Organization for Women (NOW)
The Chapter meets the first Wednesday of each month from 7 - 9 pm, St. Joseph County Public Library, Main Branch, 304 S. Main, South Bend

****

COMMUNITY SPIRIT
Area's (St. Joseph, MI) newest social/activity group. Meetings are the 2nd & 4th Wednesday of the month. More info, call Julie 616-982-1300 or Terry Kuseski at 616-925-7371, or e-mail Julie at MsJKK2U@aol.com

****

LESBIAN SUPPORT GROUP
Every Tuesday 7-9 P.M. For Info, write :
LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

****

From Pflag:
The Trevor Hotline–Toll-free Hotline for Youth
On August 11, The Trevor Project launched the first round-the-clock national toll-free suicide hotline for gay and questioning youth. It's open 24 hours a day, seven days a week, 365 days a year. Teens with nowhere to turn can call 1-800-850-8078, where they can talk to trained counselors, find local resources and take important steps on their way to becoming healthy adults. All calls are free and confidential. For more information about the Trevor Project, visit www.trevorproject.com

****

CIVIL RIGHTS
LEGAL PROTECTION
NON-DISCRIMINATION
POLICIES
EQUALITY
CAMPAIGN '98.....
KNOW YOUR CANDIDATES &
HOW THEY STAND ON GAY AND LESBIAN RIGHTS

VOTE ON NOVEMBER 3

****

TO LIST YOUR GROUP OR UPCOMING EVENT ON THIS PAGE, PLEASE SEND THE INFORMATION TO PO BOX 845, MISHAWAKA, IN 46546

DON'T TALK TO STRANGERS
by Lee Lynch

Our community has a potluck every month. This particular potluck was held at the home of two women who live upriver and whom I'd never met before.

We set off with high spirits in my Ford chariot: Lover, the Hotelier, the Revered Poet and myself. The old gay couple who had semi-retired to their riverside paradise greeted us at the end of a long dirt lane. They seemed distracted by all the arrivals and we four, recognizing no one, meandered out back and crept down the steep steps to the river bank.

It was a beautiful site and sight. Fish leapt before our eyes, trees shaded us, boulders offered natural seating, the other guests stayed where I wanted them, far above. We tarried. And tarried, four new friends enjoying one another's company too much.

"I don't like all those new women up there," I grumbled.

One of the others laughed and agreed, "Me neither!"

This was stage fright and I was clinging to the known on that riverbank, content to enjoy the bonds I'd already made. There were youngsters up there in backwards baseball caps, fresh faces and the energy to be playing some kind of game. One gangly puppy had actually bounded up, shaken my hand and introduced herself. I felt like a curmudgeon. And for good reason. Humph.

Once I'd acknowledged my nervousness, however, the old socialization kicked in, and I climbed slowly with Lover and friends to meet the new kids on the block.

It's never easy, is it, getting into outgoing mode, leaving the comfort of the familiar for the unknown. I like my small world. We've made some good friends since our move a year ago and we enjoy them tremendously. I particularly enjoy being accepted for who I am, not carrying the writer-me like a shield or a neon sign. I'm just Lee around here. By the time anybody figures out I write, they already know my plain-zane self and like me or leave me be.

So we crested the embankment and I gazed at the no-this wasn't a field of Amazon warriors come to break down my defenses. It was a hodge-podge of twenty-somethings to eighty-somethings and they were bumbling around just like us in their protective circles. That's what potlucks are for, right? To dish other women with our friends? I don't think so.

We'd tarried long enough for the food line to form. I'd always wondered why in heck people had to get together over food. Then there I was, chatting up the hosts while blithely spilling tomato sauce or whatever on my chinos.

Funny how that works. All of a sudden I was laughing, the hosts were laughing-everyone was offering napkins except the Hotelier, who had the bemused look of someone all too accustomed to visitors' messes.. At the expense of my dignity, the ice was broken.

Who were these scary women? The hosts were a retired gay bar owner and a semi-retired nurse. One was as outspoken as the other was reticent. They spend their days "fitchin" for salmon in their small boat, gardening and caring for a beloved pup. One had a collection of comical Mona Lisa spin-off portraits. Now, were they anyone to be a-scairt of?

Three of the young women had come from quite a distance. They hung together, but seemed to covertly observe their elders like eager fledglings. The joke among them, finally said aloud when Backwards-cap became unbearably uncomfortable, was that she'd been pierced in unmentionable places that very day. Cool. She accepted a couple of aspirin from parenting me. I worked on elasticizing my mind by remembering the names of the three and they tested me later. Backwards-cap, who should be called Charlie, or Murph in my lexicon, had kept her ultra-feminine handle and confused me every time. Have we become that accepting of who we are that we don't take dyke names any more?

A bunch of women sat under a tree. Not until after dinner did I exchange words with any of them. Then I promptly fell in love.

Flowing white hair worn with a flair, so soft-spoken I could barely hear her. Elegant, tastefully dressed, fine-featured with a bemused glimmer to her eyes, Prince Charming is the idealized lesbian of the stories I read when I was Charlie's (or whatever her name is) age. I just turned to mush and wanted to follow her everywhere. She is, as Murph (or whatever her name was) might say, Totally Amazing.

I think it was the Revered Poet who asked if Prince Charming was the lesbian I'd wanted to be when I grew up. It took some thought, but in one of those world-shaking moments of self-discovery I answered, "No, she's the lesbian I thought I wanted to be. I'm more comfortable as me."

No wonder I'd been nervous. It's not every day I go to one of those ubiquitous lesbian potlucks and find myself.

Copyright Lee Lynch 1998

WELLNESS CORNER

By Susan Myers, R.N., LCSW, HTP,
Holistic health counselor

COPING WITH DIFFICULT EMOTIONS

We laugh when we are happy and cry when we are sad; we talk of being "racked with grief", "gnawed by guilt", and "burning with rage." Our feelings and emotions are not just an inescapable part of being human, but, it seems, a demonstrable expression of the link between the mind and body. Scientists have found evidence of this "interconnectedness" in the waves of hormonal substances known as endorphins that are triggered by pleasure, and in the racing heart and surge of stress hormones associated with anger and fear. Our thoughts prompt moods that are reflected in physiological reactions and can have an impact, for better or worse, on well-being.

Expressing Emotions

We have different ways of feeling and dealing with emotions, depending on the makeup of the body and nervous system, as well as on upbringing, cultural conditioning, and our experiences. Our physical constitution is also said to play a role in our way of coping with feelings. The ability to manage stressful situations and "internal stressors", for example, might be influenced by individual differences in body and brain structure. At any rate, the way we deal, or don't deal with emotions, has a potentially profound influence on our bodies at the cellular level.

Problems with Emotions

Negative as well as positive emotions have their place in life. It's natural to fear danger, to feel anxiety about the unknown, anger at powerlessness, or sadness in the face of loss. Learning to feel and to express emotions in a healthy and appropriate way should be part of growing up.

Sometimes emotions can be so strong and confusing that it can help to talk them through with someone. Otherwise, feelings that threaten to overwhelm us or that seem socially unacceptable, such as anguish or rage, may be held in check, even to the point of becoming unconscious. They may then surface in other ways - in unreasonable anger with family members, excessive intake of alcohol, eating disorders, or any other aggressive or self destructive behaviors.

Problems can also arise when one kind of emotion predominates. If one style of emotional reaction predominates, it can disturb our inner balance so that we eventually become sick. If someone gets trapped in a particular mood or feeling, all experiences are interpreted in the light of that mood, thus reinforcing it. For example, if you feel "down" and depressed, you tend to view everything pessimistically: you expect the worst and blame yourself, thus perpetuating the cycle.

So, our view of the world has implications for well-being. Pessimists tend to lack self-esteem, something that reinforces many other difficult emotions – jealousy, hostility, guilt, and anxiety, to name a few - and that is a significant internal stressor. But overcoming poor self-esteem provides the "hardiness" to deal effectively with stressful events. Even quite small shifts in self perception can bring about profound changes in life. At Harvard University, a long-term study of male graduates, found those who were generally optimistic as students to be healthier in later life than pessimists, who were prone to more health problems later on.

There is some research suggesting that "cold responders," people who persistently respond to stress by withdrawing and blaming themselves, and who seldom get angry, cry, or express other feelings, may be more prone to immune-related diseases. "Hot responders," those who persistently blame others when under pressure, may place a different kind of strain on the body.

Anger and Hostility

Anger can be a perfectly appropriate emotion. However, Type A behavior is linked with an increased risk of heart disease. Research, in particular by psychiatrist Dr. Williams, Director of Behavioral Research at Duke Medical Center, N. Carolina, shows that the prevalent trait is hostility. This is not a flash of hot temper, nor the surge of anger that can precipitate the will to live, but rather a constant corrosive feeling of annoyance and irritation toward people and surroundings. Dr. Williams compares it to a small dose of poison every day. Constant feelings of cynical mistrust, anger and aggression are not only risky for the heart, but are even suspected of contributing to cancer.

When angry, hostile people experience greater physiological responses, such as increased blood pressure and the release of stress hormones, which place more strain on the body. These people are also more likely to smoke, drink alcohol, and overeat, all of which are habits detrimental to health. Their behavior provokes hostility in others so that conflict escalates, and can socially isolate them. While some experts believe that a deficiency of serotonin, the neurotransmitter linked with mood enhancement, may be involved, others point out that it is possible for people to change the way they feel and behave.

Changing Your Emotional Habits

Hostility, pessimism, and anxiety clearly erode quality of life, and they may also undermine health. Changing these habits of your mind may be a key to well-being, so researchers are investigating ways to help people who get stuck in a negative frame of mind to experience more positive feelings.

Habitual cold responders may have to learn how to become "hotter"; hot responders to "cool down". Psychoanalytic therapists see these habits as rooted in childhood experiences; cognitive and behavioral therapists would teach techniques for handling thoughts, feelings, and behavior; humanistic therapists would encourage experimentation with a greater range of expression. For example, thought stopping helps to avoid dwelling on negative and stress-inducing thoughts and memories. When you become aware that your thoughts are taking a negative turn, shout "STOP!" in your head and switch your mind to a pleasant subject that you enjoy thinking about, such as a favorite beautiful scene. The theory is that the mind cannot deal with two opposing feelings at once, and so the first, negative emotion is defused.

Try to improve your relationships with others by listening to what people say and listen to your own self talk. In return, people will respond more positively to you. Learn self-assertion and communication skills, practice tolerance, trust, and forgiveness, confide in a friend or partner, get involved in your community, and be gentle with yourself as you begin self exploration toward behavioral changes.

Woodham and Peters. Encyclopedia of Healing Therapies.

COURT OF FRIENDS

Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to: The Court of Friends, P.O. Box 845, Mishawaka, In. 46546 You will be assigned an ID number. Your letter and ID number will be published in the next issue. Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in PENCIL on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

#78.....I am a white female, 48, looking for female. I like all types of music, movies, and practical jokes. I am an occasional drinker. I do smoke, but am cutting down. I like certain sports. Will not tolerate prejudiced people. Looking for a friend first.

#79.....Professional 42 year-old white female, sincere, honest and considered attractive ISO same- -32 to 43 year-old, responsible, honest, warm/kind femme/soft butch for friendship/possible LTR. Interests include but not limited to the outdoors, animals, fireside chatting, dining/dancing and possible romancing. Please...no Bi's, drugs or head games-just open/honest.

Give the gift of touch for your special person.
Healing touch sessions offered at $15.00 off the regular price through December.
Gift certificates available.

Offered by Sue Myers, R.N. LCSW, HTP
Healing touch practitioner
Holistic health counselor
(219) 277-3012

THE PERFECT GIFT FOR SOMEONE WHO HAS EVERYTHING!!

A Gift Certificate for "X" number of $$ can be applied towards a interior/exterior house painting job.
For more information contact:

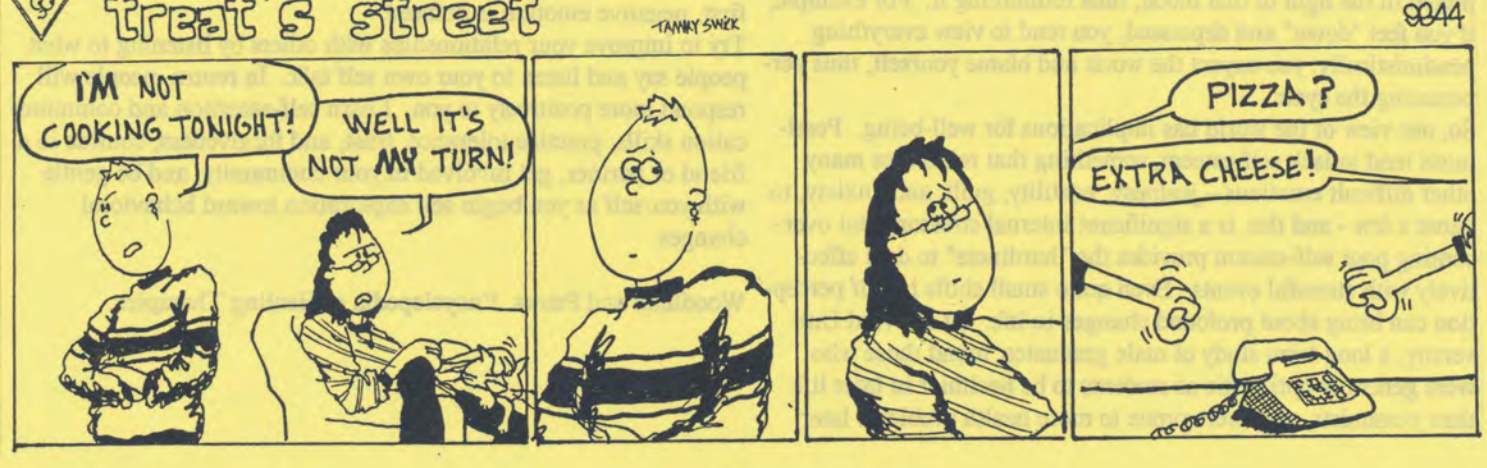
"One Woman and her Dog,"
Barbara Mueller.....219-271-6988

• PENDANTS • RINGS • BRACELETS • BOLOS • EARRINGS •

HARDER-TO-MAKE JEWELRY
the OLD BAG FACTORY
1100 CHICAGO AVENUE #4
GOSHEN, IN 46526

WILMA HARDER
SILVERSMITH
(219) 534-8802

LITTLE PRIDE
DAYCARE
" CHILDCARE FOR CHILDREN OF GAYS AND LESBIANS"
STRUCTURED FUN AND LEARNING
MEALS AND SNACKS PROVIDED
MISHAWAKA AREA
7:30 AM - 9:30 PM MON-FRI
7:30 AM - 5:30 PM SAT.
DEBBIE G.
(219) 254 - 1062



OPEN ARMS SUPPORTERS

ATTENTION ADVERTISERS!!!
Advertising rates are billed as follows:
For the calendar year beginning January 1, and running 12 months thru December 31, a business card sized insert (2" x3 1/2") is $10.00. For a limited time insert, the cost is $1.00 per month
PLEASE DIRECT ALL ADVERTISING INQUIRIES TO P.O. BOX 845, MISHAWAKA, IN. 46546

Subscription Form: $10.00 /year or $25.00/3 years
Name_____
Address_____
City_____ **State**_____ **Zip**_____
Telephone_____
Make checks payable to OPEN ARMS and mail to:
P.O. Box 845, Mishawaka, In. 46546

Viki A. Graber
Wallcovering & Painting
Phone: (219)533-8689
Pager: 1-888-PAGE-360
then 302-0922
Email: nubbi@earthlink.net

SUSAN MYERS
R.N., LCSW, HTP
Healing Touch Practitioner

Psychoenergetic Therapy
Counseling for the Body, Mind & Spirit
Life Transitions and Chronic Illness

For Appointment, Call: (219) 277-3012

The most beautiful spot in Northern Michigan

LABRYS
WILDERNESS RESORT

On Long Lake near
Sleeping Bear Dunes
Four housekeeping cabins
Open year-round

4115 Scenic Highway
Honor, MI 49640

Phone: 616-882-5994

NCTMB
Connie Harmacinski
Nationally Certified Massage Therapist

Member A.M.T.A.

Pager: (219) 236-0984
Voice Mail: (219) 264-3413

Marge & Joanne's B&B
Duneswood
Quality Vacation Accommodations For Womyn
In the Heart of the Sleeping Bear Dunes Nat'l Park

PO Box 457 Glen Arbor MI 49636 (616) 334-3346

Cathy Lambert, M.S.W., L.C.S.W.

Holistic Health Care Practitioner
Reiki Master
Mental Health Therapist
(219)291-5837

For your emotional, physical, spiritual health and well-being
Healing Touch, Reiki,
Meditation, Hypnosis, Herbs,
Stress Management, N.L.P.
Individual/Family/Relationships,
Sexual/Physical/Ritual Abuse,
Addictions, Co-dependency, A.D.D.

November 1998

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Happy Anniversary to A & J
8	9	10	11 Best Wishes NANCY N.	12	13	14 Lavender-Rhythm's DANCE, 9:00 P.M.
15	16 Barb F.	17	18	19	20	21 Suze's B-Day
22 CAROL C.'s Birthday	23	24	25 Happy Anniversary LIZ & COLETTE	26	27	28
29	30					